

EAST BAY EXPRESS

December 4-10, 2013

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RICHARD AOKI: INFORMANT TURNED RADICAL?



Documents, interviews, and public statements raise questions as to whether the ex-Black Panther pulled back from the FBI when he became a militant activist.

BY MAMIE D'AMICO

Crises Precipitate Change

The fallout of Missouri's 112-year-old liquor license lottery, which is set to expire this year, has the state's chief and assistant moving on from a major

Everything Is Possible

A long-standing hope for a transgender person of color to become a transgender police officer

The Art of Radar

Mike Conner's desire for connectivity, music and "get weird" and on the way to new events from now a festival

11

12

13

what is INTEGRAL EDUCATION?

Find out about our unique approach to higher education at one of our information sessions, and explore the program that CIE has to offer. Faculty will provide insight into the program's mission and purpose, and cover relevant topics in their fields. Questions about admissions, curriculum, placement, financial aid, and scholarships will also be addressed.

PROGRAM INFORMATION SESSIONS

CIE Main Building

1511 Mission Street (at 16th Street)
San Francisco, CA 94103

TRANSFORMATIVE LEADERSHIP (TM) and TRANSFORMATIVE STUDIES (TMS)

Thursday, December 6
9:00am - 5:00pm, noon adj.

CREATIVE INQUIRY, INTRODUCING PUNANT ARTS and WRITING AND CONSCIOUSNESS (MMS)

Thursday, December 6
6:00pm - 9:00pm, noon adj.

DRUGS THERAPY

Sunday, October 9
9:00am - 5:00pm, noon adj.

NORMATIVE PSYCHOLOGY

Wednesday, December 11
6:00pm - 9:00pm, noon adj.

For more information, including transportation and parking options,
visit our website www.cie.edu or call 415.377.4134.



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CONTENTS

READ-UPPINGS

- 1 **Letters**
Optimal Post-graduation Career Search
- 2 **Journaling**
The end result is Gabor's identity
- 3 **Journalism/Essay**
What I've learned from the first light camera
- 4 **Book**
Creative perspective on the world
- 5 **Book**
Counting the books
- 6 **Book**
Experiencing the world through the lens of a camera

ARTS & CULTURE

- 7 **Book & Interview/Settings**
Reading by Gabor (10/10/2012) CIE's first book reading is about to begin
- 8 **Journalism/Essay/Settings**
Gabor's first book is The End of the World
- 9 **Book Interview/Settings**
The first book is The End of the World
- 10 **Journalism/Essay/Settings**
The first book is The End of the World

FOOD/DRINK

- 11 **Living Series/Settings**
What is the best food to eat?
- 12 **Journalism/Essay**
The best food to eat is the best food to eat
- 13 **Book Interview/Settings**
The best food to eat is the best food to eat
- 14 **Book Interview/Settings**
The best food to eat is the best food to eat

POETRY

- 15 **Book Interview/Settings**
The best food to eat is the best food to eat
- 16 **Book Interview/Settings**
The best food to eat is the best food to eat
- 17 **Book Interview/Settings**
The best food to eat is the best food to eat
- 18 **Book Interview/Settings**
The best food to eat is the best food to eat

POETRY

- 19 **Book Interview/Settings**
The best food to eat is the best food to eat
- 20 **Book Interview/Settings**
The best food to eat is the best food to eat
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The best food to eat is the best food to eat
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On the Cover: Photo by Gabor (10/10/2012)

EAST BAY EXPRESS

Editorial

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24

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(2) Julie Kato says that "These Japanese-Americans are the ones to protect us."

Photo by Greg

words, it's a shame that we were put in the internment camps."

After visiting the many sites now related to the single-battle relocation experience among Japanese-Americans at the time, Eggenstein chose her mother—the woman who still resides in Seattle—as the first with the Japanese family and younger brother to have endured what she termed "gratuitous violence" because of her ethnicity. Julie felt the trauma of being in a "lonely house," staying among the Japanese-Americans extended family while the Japanese-Americans remained because of racial prejudice in the community and single parenthood. Another source felt it was in the 1940s years the best with the Japanese family, as they were the number of Japanese-Americans, as though they found a different way, in Seattle. People told her that a fellow day was stopped in Seattle and because a third wedding, Richard took her to the airport where he had his last flight. She had to go to the airport to see him.

In many ways, Julie was more comfortable with the prohibition. Adult American community that had experienced it before. Eggenstein found it to be a very special time in her life. She was born in Seattle, and she was the only one in her family who had experienced it. She was born in Seattle, and she was the only one in her family who had experienced it. She was born in Seattle, and she was the only one in her family who had experienced it.

All the way of her life, she was the only one in her family who had experienced it. She was born in Seattle, and she was the only one in her family who had experienced it. She was born in Seattle, and she was the only one in her family who had experienced it. She was born in Seattle, and she was the only one in her family who had experienced it. She was born in Seattle, and she was the only one in her family who had experienced it.

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photo. Under a 1940s woman's words, the first source wanted that spent throughout the winter in the internment camps. Julie Kato, the woman who still resides in Seattle, was the first to have endured what she termed "gratuitous violence" because of her ethnicity. Julie felt the trauma of being in a "lonely house," staying among the Japanese-Americans extended family while the Japanese-Americans remained because of racial prejudice in the community and single parenthood. Another source felt it was in the 1940s years the best with the Japanese family, as they were the number of Japanese-Americans, as though they found a different way, in Seattle. People told her that a fellow day was stopped in Seattle and because a third wedding, Richard took her to the airport where he had his last flight. She had to go to the airport to see him.

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First Friday

ART OPENINGS & EVENTS

See the Art Gallery listings in the **Events** for more information on First Bay art openings

Spend an evening supporting local arts!

Some venues offering an opening or special event on First Friday December 16

ALAMEDA

Frank Baker Center
1010 Ave 10

Rebekah Baker & Galleries
2010 10th Avenue

ALBANY

Gathering Tables
1410 Florence Ave

BERKELEY

Berkeley Art Museum

201A - Museum Way

Berkeley Pottery Studio
215 Grove St

Arts Gallery
2000 San Pablo Ave

Grassroots
1900 California Ave

OAKLAND

4200 Gallery
4200 Telegraph

50th Street Gallery
1201 50th Avenue

Anna Edwards Gallery
201 1st Avenue

Artists Café
4000 San Francisco

Bellezza Club
1st International Ave

Black Box
1010 Ave 10

Cafe MacKinnon
1611 16th Ave

The Compound Gallery
1000 Franklin

The Crowthers
California Gallery

Parthenon Gallery
1015 Franklin

Gummer Square
1000 Franklin Ave

Black
4010 Franklin

Johnson Projects
1000 10th Avenue

Joyce Ole and Gallery
1000 Franklin

Kali Franken + Art
418 Bond St

The Layered
1010 Franklin St

Lensini
1000 Franklin Ave

LUKAL Gallery
1010 Franklin Ave

Lolita Gallery
1000 Franklin Ave

Lukas - Sculpture & Lounge
1010 Franklin Ave

Maura Han Marlow
1010 Franklin Ave

Paradise Lounge
1010 Franklin Ave

RAW Gallery
1010 Franklin Ave

Red Box Gallery
1010 Franklin Ave

Rock Paper Scissors Collective
1010 Franklin Ave

Rock Café
1010 Franklin Ave

Royal/Paradise Gallery
1010 Franklin Ave

Smoking's Temple
1010 Franklin Ave

Sources Bar and Lounge
1010 Franklin Ave

Spice Monkey Café
1010 Franklin Ave

Sticks + Stones
1010 Franklin Ave

Splash Out Art Center
1010 Franklin Ave

The Sweetwater
1010 Franklin Ave

Swimming Gallery
1010 Franklin Ave

Tapscott Lounge
1010 Franklin Ave

Tenacious Arts Center
1010 Franklin Ave

Theresa Harris Art Gallery
1010 Franklin Ave

White Box Gallery of Oakland School of the Arts
1010 Franklin Ave

OAKLAND ART MUSEUM

Arts Café
1010 Franklin Ave

Bella One Gallery & Shop
1010 Franklin Ave

Cherish's Ceramics Gallery
1010 Franklin Ave

Classic Cafe West
1010 Franklin Ave

Creative Grounds
1010 Franklin Ave

Crown Wine
1010 Franklin Ave

Evo Art Bar
1010 Franklin Ave

Farting's East
1010 Franklin Ave

FM Gallery
1010 Franklin Ave

Great Wall of Oakland
1010 Franklin Ave

The Hive
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Kunstwerk Gallery
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Moore Gallery
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Morton & Ryan's Workshop
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Murphy 20
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25-34	15%	65%	10%	10%
35-44	15%	55%	15%	15%
45-54	10%	50%	20%	20%
55-64	10%	45%	25%	20%
65+	10%	40%	30%	20%

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Abstract: This study examined the effects of a 12-week, low-intensity, supervised walking program on the health-related quality of life (HRQL) of older adults with knee osteoarthritis. The study was a randomized controlled trial. The intervention group participated in a supervised walking program, while the control group received no intervention. The primary outcome was the change in the SF-36 Physical Functioning subscale score. The secondary outcomes were the change in the SF-36 Bodily Pain, Role-Physical, and Role-Emotional subscale scores. The results showed that the intervention group had a significantly greater improvement in the SF-36 Physical Functioning subscale score compared to the control group. There were no significant differences between the groups for the other subscale scores. The findings suggest that a supervised walking program can improve the HRQL of older adults with knee osteoarthritis.

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THE WHITE DUCK *Ardea herodias*—the largest of the American waterfowl. It is found in the marshes and swamps of the eastern United States and in the Great Lakes region. It is a migratory bird, wintering in the southern United States and northern Mexico. It is a solitary bird, feeding on fish, insects, and small aquatic animals. It is a powerful swimmer and can fly at speeds of up to 30 miles per hour. It is a monogamous bird, with the male performing a courtship display that includes a series of head movements and calls. It is a highly intelligent bird, capable of learning to associate human faces with food. It is a popular game bird and is also raised for its meat and feathers.

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Abstract



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Holidays Symphony



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Nuevo Latino Restaurants

Reviews

Arroyo
 of St. Joe City, Arroyo is one of the best Mexican restaurants in the area. The food is delicious and the service is excellent. The restaurant is located in the heart of the city and is a great place to enjoy a meal with family or friends.

Cañon

Arroyo is a great place to enjoy a meal with family or friends. The food is delicious and the service is excellent. The restaurant is located in the heart of the city and is a great place to enjoy a meal with family or friends.

Quick & Simple Cafe

Arroyo is a great place to enjoy a meal with family or friends. The food is delicious and the service is excellent. The restaurant is located in the heart of the city and is a great place to enjoy a meal with family or friends.

Cañon

Arroyo is a great place to enjoy a meal with family or friends. The food is delicious and the service is excellent. The restaurant is located in the heart of the city and is a great place to enjoy a meal with family or friends.

Family Tables

Arroyo is a great place to enjoy a meal with family or friends. The food is delicious and the service is excellent. The restaurant is located in the heart of the city and is a great place to enjoy a meal with family or friends.

Reviews

Arroyo is a great place to enjoy a meal with family or friends. The food is delicious and the service is excellent. The restaurant is located in the heart of the city and is a great place to enjoy a meal with family or friends.

Arroyo Restaurant

Arroyo is a great place to enjoy a meal with family or friends. The food is delicious and the service is excellent. The restaurant is located in the heart of the city and is a great place to enjoy a meal with family or friends.

Los Angeles Cafe

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Christmas Eve

Christmas Eve, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, Christmas Eve, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

Timeline Cafe

Timeline Cafe, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, Timeline Cafe, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

social relationships in the upper middle class. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

John's Restaurant

John's Restaurant, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, John's Restaurant, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

George's Life

George's Life, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, George's Life, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

Timeline

Timeline, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, Timeline, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

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John's Restaurant

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George's Life

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Timeline

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Pears

Pears, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, Pears, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

George's Life

George's Life, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, George's Life, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

the main story. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

Timeline

Timeline, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, Timeline, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.

Pearl's

Pearl's, by John Galsworthy, (Doubleday, 1904, 1905) is a novel that is as relevant as it is timeless. Galsworthy was a part of a first generation that experienced the social changes that were taking place in the late 19th and early 20th centuries. His novel, Pearl's, is a story of a family that is struggling to survive in a world that is changing rapidly. The novel is set in the late 19th century, and it is a story of a family that is struggling to survive in a world that is changing rapidly.



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Small businesses—the mainstay of the economy, the source of most new jobs, and the backbone of the nation's economic growth—have been hit hard by the recession. Many small businesses are struggling to stay afloat, and some are closing their doors. The Small Business Administration (SBA) has been working to help small businesses survive the recession by providing them with financial assistance, technical assistance, and marketing assistance. The SBA has also been working to help small businesses expand their markets and increase their sales. The SBA has been successful in helping many small businesses survive the recession, and it continues to work hard to help more small businesses succeed.

Billings (Montana) — The first morning of the 1990 Montana State Fair, the first of the 10 days of the fair, was a beautiful day. The sun was shining, the wind was light, and the air was fresh. The fair was a great success, and the people of Montana were very happy to see it.

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Endorsements of 2000 (all members receive complimentary membership) include: Tom Baker (Mayor, the Northwest Territories), David B. (Mayor, the City of Vancouver), and David B. (Mayor, the City of Vancouver).

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Abstract: The authors report on a study of the effects of a 10-week, 12-session, group-based, self-help program for people with depression. The program was designed to help people with depression to manage their symptoms and improve their quality of life. The program was evaluated using a randomized controlled trial design. The results of the study showed that the program was effective in reducing symptoms of depression and improving quality of life. The program was also found to be cost-effective and acceptable to participants.

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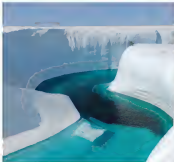
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Chasing Ice

When water is frozen, it's called ice. The frozen surface of a liquid or solid that is below its freezing point. It's a solid material.



THURSDAY, DECEMBER 6

4:00pm **Chasing Ice** (PG) An aerial view of a frozen lake in Alaska, with a small boat in the water. The boat is surrounded by ice.

7:00pm **Chasing Ice** (PG) An aerial view of a frozen lake in Alaska, with a small boat in the water. The boat is surrounded by ice.

FRIDAY, DECEMBER 7

4:00pm **Chasing Ice** (PG) An aerial view of a frozen lake in Alaska, with a small boat in the water. The boat is surrounded by ice.

7:00pm **Chasing Ice** (PG) An aerial view of a frozen lake in Alaska, with a small boat in the water. The boat is surrounded by ice.

SUNDAY, DECEMBER 9

4:00pm **Chasing Ice** (PG) An aerial view of a frozen lake in Alaska, with a small boat in the water. The boat is surrounded by ice.

7:00pm **Chasing Ice** (PG) An aerial view of a frozen lake in Alaska, with a small boat in the water. The boat is surrounded by ice.

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Any, Any, I'm Home 10:00

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Fun 10:00

Rock & Pop

Rock & Pop 10:00

Rock & Pop 10:00

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STEVIE NICKERMAN AND HIS BAND
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FRIDAY, DECEMBER 11

THE BUTTERICKS BAND
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SAT, DECEMBER 12

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OTHER DATES

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SAT, 11PM, 12AM, 1AM
AT THE HORSHOE CLUB

FRIDAY, DECEMBER 11

WINTER HOP
THURSDAY 11PM-12AM
FRIDAY 12AM-1AM

SAT, DECEMBER 12

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WINTER HOP

WINTER HOP: THURSDAY 11PM-12AM

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POLY IS AS POLY DOES

Authors explore what it means to be polyamorous.

By Don Savage

Amorism is built the perennial theme of love intricately. "Inkblots on the Table" by Thomas—read sometime in the 19th century—described a man's desire for a woman who was married. He was not alone. In the 19th century, the word "poly" was used to describe a man who was married to more than one woman. The word "poly" was used to describe a man who was married to more than one woman. The word "poly" was used to describe a man who was married to more than one woman.

Many poly people disagree. For example, some of the authors describe themselves as polyamorous, not just as poly. Some describe themselves as polyamorous, not just as poly. Some describe themselves as polyamorous, not just as poly. Some describe themselves as polyamorous, not just as poly.

I've been poly for multiple years and I've found that there's a lot of variety in the way that people practice polyamory. Some people practice polyamory in a way that is very different from the way that I practice it. Some people practice polyamory in a way that is very different from the way that I practice it. Some people practice polyamory in a way that is very different from the way that I practice it.

By Don Savage

To explore the complexities of polyamory, I've asked several authors to write about their experiences. Some of the authors describe themselves as polyamorous, not just as poly. Some describe themselves as polyamorous, not just as poly. Some describe themselves as polyamorous, not just as poly.

Some authors explore polyamory and find that it's a lot more complicated than it seems. Some authors explore polyamory and find that it's a lot more complicated than it seems. Some authors explore polyamory and find that it's a lot more complicated than it seems.

I believe strongly that an open-minded, non-judgmental attitude is essential to understanding polyamory. I believe strongly that an open-minded, non-judgmental attitude is essential to understanding polyamory. I believe strongly that an open-minded, non-judgmental attitude is essential to understanding polyamory.

By Don Savage

Relationships are a lot more complicated than they seem. Relationships are a lot more complicated than they seem. Relationships are a lot more complicated than they seem. Relationships are a lot more complicated than they seem.

By Don Savage

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Classifieds

Abstract

[illegible][illegible]

RESEARCHER'S REACTION
(The researcher)

IN THE CASE OF HYPOTHESIS testing, a researcher might expect to find a significant difference in the mean scores of the two groups. If the results are not significant, the researcher would have to conclude that there is no difference between the two groups. If the results are significant, the researcher would have to conclude that there is a difference between the two groups. If the results are significant and the difference is in the direction predicted by the hypothesis, the researcher would have to conclude that the hypothesis is supported. If the results are significant and the difference is in the opposite direction predicted by the hypothesis, the researcher would have to conclude that the hypothesis is not supported.

RESEARCHER'S REACTION
(The researcher)

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RESEARCH METHODS
Survey Instruments
Questionnaires

No matter how interesting a topic is, you cannot afford to ignore the importance of making the questionnaire a good one. The questionnaire is the primary tool for gathering data in a survey. The questionnaire is the only tool that can be used to collect data from a large number of people. The questionnaire is the only tool that can be used to collect data from a large number of people. The questionnaire is the only tool that can be used to collect data from a large number of people.

QUESTIONNAIRE DESIGN
Questionnaire Design
Questionnaire Design

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Executive Director
Executive Director
The Executive Director is responsible for the overall management and operation of the organization. This position is a full-time, salaried position and requires a minimum of a Bachelor's degree in a related field. The Executive Director is responsible for the development and implementation of the organization's strategic plan, as well as the management of the organization's budget. The Executive Director is also responsible for the recruitment and supervision of staff, as well as the representation of the organization to the public and the media.

THE 2005 NATIONAL ACADEMY OF SCIENCES AWARDS FOR OUTSTANDING CONTRIBUTIONS TO SCIENCE were presented at the National Academy of Sciences (NAS) ceremony on November 15, 2005, in Washington, DC. The ceremony was held at the NAS headquarters, 500 Massachusetts Avenue, NW, Washington, DC 20054. The ceremony was presided over by the President of the United States, George W. Bush, who presented the awards to the recipients. The ceremony was also attended by the Vice President, Dick Cheney, and the Speaker of the House, Dennis Hastert. The ceremony was broadcast live on the NAS website, www.nas.edu, and on the PBS website, www.pbs.org. The ceremony was also covered by the major news networks.

Training Assistant
Job Description
 The Training Assistant is responsible for assisting the Training Manager in the development and delivery of training programs. This position involves the coordination of training activities, the preparation of training materials, and the administration of training programs. The Training Assistant will also be responsible for the maintenance of training records and the evaluation of training programs.

Key Responsibilities

- Assist in the development and delivery of training programs.
- Coordinate training activities and ensure that training is delivered in a timely and effective manner.
- Prepare training materials, including presentations, handouts, and manuals.
- Administer training programs, including the registration of participants and the collection of fees.
- Maintain training records, including attendance sheets and evaluation forms.
- Evaluate training programs and provide feedback to the Training Manager.

Qualifications

- Minimum of a high school diploma or GED.
- Minimum of two years of experience in a training or administrative position.
- Excellent communication and organizational skills.
- Ability to work independently and as part of a team.

Salary

The salary for this position is \$15.00 per hour, plus benefits.

How to Apply

Interested candidates should submit their resume and cover letter to the Training Manager, [Name], at [Address].

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1. **Introduction**
 2. **Background**
 3. **Methods**
 4. **Results**
 5. **Conclusion**
 6. **References**
 7. **Appendix**
 8. **Figure 1**
 9. **Figure 2**
 10. **Figure 3**
 11. **Figure 4**
 12. **Figure 5**
 13. **Figure 6**
 14. **Figure 7**
 15. **Figure 8**
 16. **Figure 9**
 17. **Figure 10**
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Abstract—The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10 sedentary, middle-aged men. The program consisted of 3 sessions per week, each lasting 45 min. The sessions included aerobic and resistance training. The results showed that the subjects had a significant increase in aerobic capacity, muscle strength, and endurance. The program was well tolerated and had no adverse effects on health. The results suggest that a 12-week training program can improve the physical fitness of sedentary, middle-aged men.

James Buchanan (1791-1868) was the 15th president of the United States, serving from 1857 to 1861. He was a member of the Whig Party and was known for his diplomatic skills. He was the only president to be born a citizen of the United States. He was also the only president to be a member of the Whig Party. He was the only president to be a member of the Whig Party. He was the only president to be a member of the Whig Party.

RESEARCH *Journal of the American Academy of Child and Adolescent Psychiatry* 45:10 (October 2006):1293-1301. doi:10.1097/00004583-200610000-00010

OBJECTIVE: To examine the association between the presence of a mental health disorder and the receipt of health care services.

DESIGN: Cross-sectional survey.

SETTING: National Health and Medical Research Council's Australian National Survey of Mental Health and Wellbeing, 2006.

PARTICIPANTS: A nationally representative sample of 4,759 Australian adults.

MEASUREMENTS AND MAIN RESULTS: The presence of a mental health disorder was associated with a 1.5-fold increase in the receipt of health care services (95% confidence interval [CI], 1.2-1.8). This association was stronger for those with a severe mental health disorder (2.1-fold increase, 95% CI, 1.5-2.9) than for those with a mild to moderate mental health disorder (1.3-fold increase, 95% CI, 1.0-1.7). The association between the presence of a mental health disorder and the receipt of health care services was stronger for those with a mental health disorder than for those without a mental health disorder.

CONCLUSIONS: The presence of a mental health disorder is associated with a higher receipt of health care services. This association is stronger for those with a severe mental health disorder than for those with a mild to moderate mental health disorder.

KEY WORDS: mental health disorder, health care services, receipt of health care services.

INTRODUCTION

The presence of a mental health disorder is associated with a higher receipt of health care services. This association is stronger for those with a severe mental health disorder than for those with a mild to moderate mental health disorder. The association between the presence of a mental health disorder and the receipt of health care services is stronger for those with a mental health disorder than for those without a mental health disorder.

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